



Drink this

Not that



Just **ONE** sugary drink often has more sugar than kids should have in one day.



**DRINK WATER**



Alaska DENTAL SOCIETY

[playeveryday.alaska.gov](http://playeveryday.alaska.gov)

## Even One is Too Much

Powdered mixes, sports and energy drinks, soda, vitamin drinks and other sweetened beverages can lead to serious health problems:

- Cavities
- Type 2 diabetes
- Unhealthy weight gain
- Heart disease

The U.S. Dietary Guidelines for Americans recommends that you limit added sugar to a very small amount – less than 10 percent of the calories you eat and drink every day. *That means just ONE sugary drink can have more sugar than you should have in ONE day.*

## How to Find the Added Sugars

Check the back of the bottle. Read the ingredient list to see if sugar is added to your drink. The first ingredients are the ones that appear in the largest amounts. *If a sweetener is listed in the first three ingredients, the drink is loaded with sugar.*

## Sugar Goes by Many Names

Sugar isn't always called sugar. The following sweeteners add calories with little or no nutritional value:

- Agave nectar
- Barley malt
- Brown rice syrup
- Cane sugar
- Corn syrup
- Corn syrup solids
- Crystalline fructose
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice concentrate
- Fruit nectar
- Galactose
- Glucose
- Glucose-fructose syrup
- High-fructose corn syrup
- Honey
- Maltose
- Malt syrup
- Maple syrup
- Molasses
- Sucrose

**For a healthy future for your family,  
serve water or low-fat milk.**